

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Menaquinone-4 (µg) ; Vitamin K (phylloquinone) (µg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: October 21, 2015 10:35 EDT

NDB_No	Description	Weight(g)	Measure	Menaquinone-4(µg) Per Measure	Vitamin K (phylloquinone)(µg) Per Measure
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	38.5	204.4
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	35.4	4.9
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	29.9	32.3
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	25.4	0.0
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	24.8	0.0
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	23.9	7.0
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	21.8	0.0
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	21.4	0.0
07024	Frankfurter, chicken	85.0	3.0 oz	21.3	0.0
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	20.9	0.0
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	18.9	0.0
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	17.6	0.0
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	17.4	0.0
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	17.1	0.1
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	17.1	0.0
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	17.0	0.0
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	16.9	158.8
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	16.2	152.0
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	15.7	0.0
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	15.1	0.0
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	14.6	31.1
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	14.6	0.1
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	14.6	0.0
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	13.8	312.5
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	13.6	0.0
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	13.5	28.7
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	13.4	0.0
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	13.3	0.3

NDB_No	Description	Weight(g)	Measure	Menaquinone-4(µg) Per Measure	Vitamin K (phylloquinone)(µg) Per Measure
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	13.3	82.1
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	13.2	0.0
10158	USDA Commodity, pork, canned	85.0	3.0 oz	12.7	0.0
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	12.2	169.9
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	11.6	0.0
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	11.5	294.5
01009	Cheese, cheddar	132.0	1.0 cup, diced	11.4	3.2
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	10.2	0.0
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	10.1	2.9
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	9.4	0.0
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	9.3	0.0
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	9.2	0.0
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	8.9	0.0
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	8.9	0.8
07025	Frankfurter, turkey	28.35	1.0 oz	8.8	0.0
22973	Corn dogs, frozen, prepared	78.0	1.0 corn dog	8.7	4.5
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	8.4	24.5
01040	Cheese, swiss	132.0	1.0 cup, diced	8.3	1.8
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	8.2	0.0
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	7.9	2.6
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	7.9	31.9
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	7.3	0.0
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	7.2	132.9
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	7.2	0.0
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	7.1	0.0
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	7.1	12.9
01032	Cheese, parmesan, grated	100.0	1.0 cup	7.1	1.7
10898	Pork, pickled pork hocks	117.0	3.0 oz	7.0	0.0
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	6.8	1.9
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	6.8	17.3
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	6.8	5.6
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	6.8	0.9
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	6.2	0.0
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	6.1	0.0

NDB_No	Description	Weight(g)	Measure	Menaquinone-4(µg) Per Measure	Vitamin K (phylloquinone)(µg) Per Measure
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	6.1	34.3
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	6.0	0.0
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	5.9	0.0
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	5.9	7.2
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	5.8	7.2
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	5.7	1.5
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	5.6	56.1
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	5.6	15.7
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	5.6	0.1
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	5.5	0.0
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	5.4	1.7
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	5.3	1.5
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	5.3	0.0
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	5.3	8.8
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	5.2	13.8
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	5.2	0.0
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	5.2	0.1
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	5.2	0.0
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	5.1	0.0
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	5.0	14.0
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	4.8	4.4
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	4.8	4.6
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	4.8	57.9
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	4.8	0.0
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	4.7	0.0
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	4.6	0.1
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	4.4	0.0
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	4.4	1.2
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	4.3	0.0
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	4.3	0.9
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	4.2	1.7
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	4.2	22.6
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	4.1	7.2
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	4.1	0.0

NDB_No	Description	Weight(g)	Measure	Menaquinone-4(µg) Per Measure	Vitamin K (phylloquinone)(µg) Per Measure
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	4.0	1.0
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	3.8	0.0
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	3.7	1.1
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	3.7	3.5
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	3.7	0.0
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	3.6	0.0
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	3.5	1.3
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	3.5	1.1
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	3.5	0.0
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	3.4	0.4
13166	USDA Commodity, beef, canned	45.0	1.0 serving	3.4	4.3
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	3.4	0.7
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	3.4	0.0
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	3.4	0.0
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	3.4	0.0
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	3.4	0.0
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	3.4	0.0
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	3.4	2.0
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	3.3	1.3
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	3.1	12.0
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	3.1	6.8
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	3.1	3.6
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	3.0	0.0
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	3.0	0.0
10130	Canadian bacon, unprepared	85.0	3.0 oz	3.0	0.0
10132	Pork, cured, feet, pickled	28.35	1.0 oz	2.9	0.0
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	2.9	52.4
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	2.9	0.0
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	2.9	8.8
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	2.8	25.4
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	2.8	0.0
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	2.8	23.3
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	2.8	9.4

NDB_No	Description	Weight(g)	Measure	Menaquinone-4(µg) Per Measure	Vitamin K (phylloquinone)(µg) Per Measure
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	2.7	8.4
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.7	0.5
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	2.7	0.0
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	2.7	0.0
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	2.7	0.0
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.7	0.5
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	2.7	33.8
01031	Cheese, neufchatel	28.35	1.0 oz	2.6	0.5
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	2.6	0.8
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	2.6	0.0
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	2.6	0.8
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	2.6	0.8
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.6	0.5
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	2.6	10.4
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	2.6	12.6
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	2.5	0.0
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	2.5	0.0
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	2.5	10.0
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	2.4	0.7
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	2.4	0.7
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	2.4	0.3
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	2.4	24.3
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	2.3	5.4
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	2.3	1.0
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	2.2	4.4
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	2.2	6.1
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	2.1	0.0
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	2.1	0.8
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	2.0	0.0
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	2.0	0.0
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	2.0	13.7
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	2.0	33.7

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10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	2.0	0.0
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	1.9	2.2
07007	Bologna, beef	30.0	1.0 slice	1.9	0.7
20035	Quinoa, uncooked	170.0	1.0 cup	1.9	0.0
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	1.8	0.5
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	1.7	10.4
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	1.7	8.6
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.7	0.0
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	1.7	0.0
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	1.6	0.5
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	1.6	0.0
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	1.6	0.0
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	1.6	7.9
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	1.5	0.3
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	1.5	0.3
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	1.5	0.3
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.5	0.0
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	1.5	0.0
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	1.5	9.0
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	1.5	18.1
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.4	0.0
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.4	0.0
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	1.4	0.0
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.4	0.0
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	1.4	4.5
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	1.4	3.7
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	1.4	8.1
07081	Turkey breast, sliced, prepackaged	15.0	1.0 slice	1.4	0.0

NDB_No	Description	Weight(g)	Measure	Menaquinone-4(µg) Per Measure	Vitamin K (phylloquinone)(µg) Per Measure
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	1.4	0.3
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.4	0.0
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4	0.2
36045	ON THE BORDER, refried beans	135.0	1.0 cup	1.4	2.8
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	0.2
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	0.0
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	0.2
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.3	0.2
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	0.0
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	0.0
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.3	0.0
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	0.2
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	1.3	0.3
01017	Cheese, cream	14.5	1.0 tbsp	1.3	0.3
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	1.2	19.0
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	1.2	0.0
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.2	0.0
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	1.2	0.3
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.2	0.0
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	1.2	21.3
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	1.2	21.5
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	1.2	0.1
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	1.1	0.4
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	1.1	0.3
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	1.1	33.1
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	1.0	13.3
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	1.0	13.3
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	1.0	0.2
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.0	0.2
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	1.0	0.0
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.0	0.2

NDB_No	Description	Weight(g)	Measure	Menaquinone-4(µg) Per Measure	Vitamin K (phylloquinone)(µg) Per Measure
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	1.0	0.0
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	1.0	0.3
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	1.0	0.3
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	1.0	53.7
07028	Ham, sliced, packaged (96% fat free, water added)	23.0	1.0 slice	1.0	0.0
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	1.0	9.3
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	1.0	3.6
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	1.0	14.8
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	1.0	0.1
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	1.0	3.4
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	1.0	0.0
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	1.0	0.0
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	1.0	0.1
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	1.0	0.6
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.9	0.0
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.9	0.0
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.8	0.2
01225	Dulce de Leche	19.0	1.0 tbsp	0.8	0.2
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.8	0.2
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	0.8	1.2
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.7	19.7
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.7	7.1
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.7	0.2
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0.7	1.4
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.7	0.0
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.7	0.1
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.7	0.2
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.6	0.1
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.6	0.1
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.6	9.2
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0.5	2.1
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.5	1.8

NDB_No	Description	Weight(g)	Measure	Menaquinone-4(µg) Per Measure	Vitamin K (phylloquinone)(µg) Per Measure
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	0.5	25.6
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.5	1.1
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.4	0.1
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.4	0.1
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.4	3.2
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.4	13.2
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	0.4	0.1
11658	Spinach souffle	136.0	1.0 cup	0.4	172.0
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.4	0.0
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.4	0.1
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.4	0.1
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.4	0.0
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.4	0.0
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.4	0.0
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.3	1.6
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.3	0.0
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	0.3	--
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0.3	0.1
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.3	1.0
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0.3	0.2
04707	Oil, flaxseed, contains added sliced flaxseed	13.7	1.0 tablespoon	0.3	0.5
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.3	0.1
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.3	0.1
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.3	0.1
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.3	0.1
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.3	0.1
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.3	0.8
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.2	--
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.2	7.7
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	0.2	0.0
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0.2	12.2
20647	Millet flour	119.0	1.0 cup	0.2	1.0

NDB_No	Description	Weight(g)	Measure	Menaquinone-4(µg) Per Measure	Vitamin K (phylloquinone)(µg) Per Measure
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.2	1.6
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.2	1.6
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.2	1.6
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.2	0.1
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.2	3.8
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.2	12.6
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.2	2.7
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.2	1.2
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	0.1	0.1
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.1	2.4
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.1	1.6
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.1	0.0
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	0.1	0.4
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.1	0.0
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.1	0.3
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	0.1	2.6
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	0.1	5.3
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.1	0.0
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.1	0.0
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.1	4.4
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	0.0	2.3
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	0.0	2.3
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.0	0.0
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.0	--
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	0.0	5.3
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.0	--
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	0.0	20.1
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	0.0	9.3
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.0	--
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.0	--
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	0.0	0.8
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.0	0.0
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.0	15.1
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	0.0	--

NDB_No	Description	Weight(g)	Measure	Menaquinone-4(µg) Per Measure	Vitamin K (phylloquinone)(µg) Per Measure
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.0	--
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.0	0.4
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.0	--
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0.0	--
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	0.0	14.0
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.0	2.7
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	0.0	0.4
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.0	2.5
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.0	64.4
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	0.0	2.1
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.0	--
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0.0	--
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.0	2.6
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.0	2.1
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.0	--
36036	Restaurant, family style, onion rings	259.0	1.0 serving	0.0	110.3
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	0.0	1.4
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.0	--
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0.0	0.0
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	0.0	0.0
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	0.0	9.2
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	0.0	13.6
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.0	--
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.0	3.7
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0.0	0.4
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	0.0	1.5
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.0	6.1
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	0.0	147.1
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	0.0	120.2
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	0.0	2.5
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	0.0	--
04582	Oil, canola	14.0	1.0 tbsp	0.0	10.0
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	0.0	2.1
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.0	8.5
18235	Crackers, whole-wheat	28.0	1.0 serving	0.0	7.6

NDB_No	Description	Weight(g)	Measure	Menaquinone-4(µg) Per Measure	Vitamin K (phylloquinone)(µg) Per Measure
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	0.0	32.9
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	0.0	18.0
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	116.0	1.0 cup spaghetti not packed	0.0	0.2
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.0	5.0
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	0.0	--
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	0.0	1.1
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.0	7.2
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	0.0	0.8
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	0.0	95.2
04047	Oil, coconut	13.6	1.0 tbsp	0.0	0.1
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.0	1.5
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.0	16.6
18214	Crackers, cheese, regular	14.2	0.5 oz	0.0	1.3
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	0.0	47.5
35198	Prickly pears, raw (Northern Plains Indians)	19.0	1.0 pad peeled	0.0	0.6
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.0	--
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.0	--
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	0.0	19.6
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.0	--
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0.0	0.8
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.0	--
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	0.0	54.4
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.0	2.0
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0.0	--
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	0.0	0.1
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.0	--
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.0	52.5
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.0	4.3
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	0.0	21.5
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.0	--
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	0.0	3.3
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	0.0	0.0
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.0	--

NDB_No	Description	Weight(g)	Measure	Menaquinone-4(µg) Per Measure	Vitamin K (phylloquinone)(µg) Per Measure
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.0	0.2
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.0	--
21420	KFC, Coleslaw	112.0	1.0 package	0.0	79.4
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.0	--
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.0	0.4
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.0	--
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	0.0	0.2
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	0.0	1.9
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.0	--
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.0	--
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	0.0	1.3
09436	Mango nectar, canned	251.0	1.0 cup	0.0	2.0
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.0	37.4
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	0.0	4.4
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.0	2.2
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.0	--
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.0	0.6
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	0.0	0.4
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	0.0	--
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	0.0	0.6
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.0	--
42289	Oil, corn and canola	14.0	1.0 tbsp	0.0	5.9
14638	Beverages, Horchata, as served in restaurant	228.0	1.0 cup	0.0	--
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	0.0	11.1
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0.0	1.1
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.0	1.2
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.0	--
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0.0	0.4
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	0.0	59.9
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0.0	4.1
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.0	5.6
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.0	--
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.0	78.4
06631	Sauce, hot chile, sriracha	6.5	1.0 tsp	0.0	0.7

NDB_No	Description	Weight(g)	Measure	Menaquinone-4(µg) Per Measure	Vitamin K (phylloquinone)(µg) Per Measure
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	0.0	1.4
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	0.0	17.7
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	0.0	0.3
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	0.0	48.6
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.0	--
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	0.0	3.9
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	0.0	32.5
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	0.0	0.8
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.0	1.0
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	0.0	0.0
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	0.0	1.0
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.0	--
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.0	--
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.0	49.5
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	0.0	118.2
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.0	--
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.0	11.1
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	0.0	0.0
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.0	37.1
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.0	3.8
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	0.0	46.0
35200	Prairie Turnips, raw (Northern Plains Indians)	12.6	1.0 bulb peeled	0.0	--
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.0	--
25027	Snacks, plantain chips, salted	28.35	1.0 oz	0.0	8.1
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	0.0	--
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	0.0	2.5
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	0.0	--
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.0	--
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.0	--
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.0	--
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.0	54.2
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.0	0.3
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.0	26.8
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	0.0	4.3
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.0	--

NDB_No	Description	Weight(g)	Measure	Menaquinone-4(µg) Per Measure	Vitamin K (phylloquinone)(µg) Per Measure
20140	Spelt, uncooked	174.0	1.0 cup	0.0	6.3
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.0	27.2
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.0	0.7
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.0	101.8
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.0	--
36014	Restaurant, family style, french fries	170.0	1.0 serving	0.0	61.0
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	0.0	9.4
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	0.0	9.5
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.0	--